

Resource Guide 2026



Providing Exceptional Services, Promoting
Healthy Communities



720-643-2400



CH@douglasco.gov



11045 E. Lansing Cir. Ste 300
Englewood, CO 80112



Mission

We provide education and evidence-based services to improve health in Douglas County.

Vision

Douglas County residents have access to opportunities for achieving their healthiest possible lives.

Values

1. Collaboration – We partner to achieve shared goals.
2. Education – We provide accurate, reliable data and information.
3. Inclusiveness – We value our communities’ diverse perspectives and experiences.
4. Professionalism – We provide the highest quality public health services.
5. Responsiveness – We strive to meet and adapt to our communities’ evolving needs in a timely manner.
6. Transparency – We are open and honest with one another, our partners, and our communities.

11045 E. Lansing Cir. Suite 300, Englewood, CO 80112
720-643-2400 douglasco.gov/health-department

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LEGEND



Eligibility based on household size and income



You do not have to be a U.S. Citizen to qualify

Douglas County Health Department does not hold responsibility for the outcomes of any services provided by the agencies listed in the resource guide.

AGING RESOURCES

Aging Resources of Douglas County agingresourcesdougco.org	303.814.4300
Angel Sense Program This program is for people of all ages who wander and get lost. The client wears a GPS-style device. Loved ones can track the device through an app on their smartphones for a quick and speedy recovery. dcsheriff.net/community/angelsense/	303.660.7544
Castle Rock Senior Activity Center castlerockseniorcenter.org	303.688.9498
Colorado Visiting Nurse Association vnacolorado.org/capable/	303.698.2121
Douglas Senior Safe Programs Is designed to help isolated or lonely older adults get reintroduced to our great community including phones, neighborhood and house watch, and medic alert. dcsheriff.net/community/senior-safe/senior-safe-programs/	
Highlands Ranch Senior Center Active Adult Programs & Services highlandsranch.org/seniorcenter	303.791.2416
Home Well Care Services homewellcares.com/in-home-care-co-englewood-co1674/	303.487.5471
Parker Senior Center parkerseniorcenter.org	303.841.5370
To The Rescue totherescue.net/ 10270 S. Progress Way, Parker, CO 80104	720.851.2100
Visiting Angels visitingangels.com	877.618.4748 720.981.0804



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CHILD ASSESSMENT

Child Find cde.state.co.us/early/childfind	720.433.0020
Colorado Childcare Assistance Program (CCCAP) cccrap@douglasco.gov	303.688.4825
Colorado Shines Assistance Finding Childcare coloradoshines.com	877.338.2273
Developmental Pathways dpcolo.org	303.858.2255
Douglas County Child Care Association Childcare Referrals Castle Rock Highlands Ranch Parker/Elizabeth	303.660.5584 highlandsranchreferrals@gmail.com 303.805.0824
Douglas County Early Childhood Council dcearlychildhood.org	
Early Intervention Colorado dcfs.my.salesforce-sites.com/eicolorado	888.777.4041
Universal Preschool Colorado preschool@dcsdk12.org cdec.colorado.gov/universal-preschool-colorado	



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CHILD SAFETY

Car Seat Checks Castle Rock crgov.com/1880/Car-Seat-Safety Station 151 / Fire Headquarters 300 Perry St., Castle Rock, CO 80104	303.660.1066
Car Seat Checks South Metro Fire Rescue Schedule a Car Seat Inspection southmetrofoundation.org/car-seat-inspections/	303.805.0228
Children's Hospital Colorado Safety Store childrenscolorado.org/locations/anschutz-medical-campus-aurora/safety-store/	720.777.3185
Poison Center Helpline copoisoncenter.org	1.800.222.1222

COMMUNITY RESOURCES

Catholic Charities ccsoco.org	720.215.4521
DC Cares douglasco.gov/community-services/services/self-sufficiency/self-sufficiency-dc-cares/	
Douglas County Libraries dcl.org	303.791.7323
Family Center of Douglas County familycenterdougco.org/	303.688.4825
Manna Resource Center mannaresourcecenter.org	720.515.8814



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COMMUNITY RESOURCES CONT.

United Way
unitedwaydenver.org

211 or 303.561.2111

DOUGLAS COUNTY HUMAN SERVICES

Childcare, child support, employment, energy, food assistance, medical, mental health, older adult, veteran, person with disability, adult and child protection, and transit resources. **303.660.7400** or **303.688.4825**
douglasco.gov/human-services/



DOUGLAS COUNTY SCHOOL DISTRICT

Douglas County School District
dcsdk12.org

303.387.0100

Parent resources, enrollment, school directories, transportation & meals, health, wellness and prevention.

Douglas County School District Family Education Resources

Assessments, curriculum, dyslexia information, instruction, literacy interventions.
dcsdk12.org/about/departments

Douglas County School District Homeless Education

303.387.0142

McKinney-Vento Services

dcsdk12.org/about/departments/health-wellness-and-prevention/homeless-studentsmckinney-vento-services

Douglas County School District Nursing Services

303.387.0260

Helps students manage immunization compliance, in-school medications, and health conditions.



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DOUGLAS COUNTY SCHOOL DISTRICT CONT.

Douglas County School District School-Based Cultural Liaison

liaisonsusergroup@dcsdk12.org

303.387.0191

DOMESTIC VIOLENCE & ABUSE

Colorado Child Abuse and Neglect Hotline

844.CO.4.KIDS

844.264.5437

Ember Center (formerly The Crisis Center)

24-Hour Crisis Hotline

thecrisiscenter.org

303.688.8484

1.888.247.7472

Find a Shelter or Program Near You

domesticshelters.org

National Domestic Violence Hotline

800.799.7233

National Teen Dating Abuse Hotline

youth.gov/federal-links/national-teen-dating-abuse-helpline

866.331.9474

TESSA

24/7 SafeLine

tessacs.org

303.535.3917

The Blue Bench

thebluebench.org

24-Hour sexual assault hotline

Línea de servicio en español

303.329.9922 ext. 302

303.329.9922 ext. 338

303.322.7273



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FOOD ASSISTANCE

Backpack Society backpacksociety.org 213 W. County Line Road, Highlands Ranch, CO 80129	720.583.2224
Calvary Castle Rock calvarycr.com 1480 Canyon Dr., Castle Rock, CO 80104	303.663.2514
Help & Hope Center helpandhopecenter.org 1638 Park St., Castle Rock, CO 80109	303.688.1114
Integrated Family Community Services fcs.org 370 S. Irving St., Englewood, CO 80110	303.789.0501
Manna Care mannaresourcecenter.org/ 3900 Grace Blvd., Highlands Ranch, CO 80126	303.791.4500 Ext. 8340
Parker Task Force parkertaskforce.org Long Way, Parker, CO 80134	303.841.3460
SECOR Cares secorcares.com 17151 Pine Ln., Parker, CO 80134	720.842.5621
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) WIC@douglasco.gov douglasco.gov/health-department/community-health/wic	720.643.2401



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FOOD ASSISTANCE CONT.

St. Elizabeth's Pantry

paxchristi.org

5716 McArthur Ranch Rd., Highlands Ranch, CO 80124

303.799.1036

St. Vincent de Paul Society

svdpcr.org

2746 5th St., Castle Rock, CO 80104

303.847.2606

Supplemental Nutrition Assistance Program (SNAP)

A federal nutrition program that helps stretch your food budget and buy healthy food.

peak.my.site.com/peak/s/peak-landing-page?language=en_US



303.688.4825

The ROCK Food Bank

therock.org/foodbank

4881 Cherokee Dr. Castle Rock, CO 80109

303.688.0777

HEALTH INSURANCE COVERAGE

Connect for Health Colorado

connectforhealthco.com

Purchase health insurance; get financial help to reduce costs.

Doctors Care

doctorscare.org/health-insurance



720.458.6185

Health First Colorado: Colorado's Medicaid Program

healthfirstcolorado.com



303.866.2993

OmniSalud

connectforhealthco.com/get-started/omnisalud/



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HEALTH INSURANCE COVERAGE CONT.

Other Ways to Apply:

Colorado PEAK

800.221.3943

colorado.gov/peak

Douglas County Human Services

303.688.4825

douglasco.gov/human-services/

HOSPITALS

AdventHealth Castle Rock

720.455.5000

adventhealth.com/hospital/adventhealth-castle-rock

AdventHealth Parker

303.269.4000

adventhealth.com/hospital/adventhealth-parker

Children's Hospital Colorado, South Campus

720.478.1234

childrenscolorado.org/locations/south-campus-highlands-ranch/

HCA HealthONE Sky Ridge

720.225.1000

healthonecares.com/locations/sky-ridge

UCHealth Highlands Ranch Hospital

720.516.1000

uchealth.org/locations/uchealth-highlands-ranch-hospital/

HOUSING

Colorado Division of Housing

⑧ 303.864.7810/ 720.775.5170

Colorado Housing and Finance Authority

800.877.2432

chfainfo.com

Colorado Housing Search

303.864.7810

coloradohousingsearch.com

DC Cares Self-Sufficiency Program

303.814.4317

Denver Housing Authority

⑧ 720.932.3030



Eligibility based on household size and income



Section 8 Resources



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HOUSING CONT.

Denver Metro Fair Housing Center dmfhc.org	720.279.4291
Douglas County Housing Partnership douglascountyhousingpartnership.org	303.784.7824
Douglas County School District Homeless Liaison homelessliaison@dcsdk12.org	303.387.0142
Douglas County Veterans Affairs	303.663.6200
Family Tree thefamilytree.org	303.467.2604
Homeless Engagement, Assistance and Resources Team (HEART) douglasco.gov/homeless-initiative/heart/	⑧ 303.660.7301
Housing Choice Voucher hud.gov/program_offices/public_indian_housing/pha/contacts	
South Metro Housing Options	⑧ 303.794.9608

IMMIGRANTS RIGHTS

ACLU aclu.org/issues/immigrants-rights	303.777.5482
Immigrant Defense Project immigrantdefenseproject.org	
Littleton Immigrant Resources Center library.littletonco.gov/Services/Littleton-Immigrant-Resources-Center	303.795.3968



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Section 8 Resources



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IMMUNIZATION SERVICES

Arapahoe County Immunizations

303.734.5445

arapahoeco.gov/your_county/county_departments/public_health_department/community_health/immunizations.php

Colorado Free or Low-Cost Vaccine Map

cdphe.colorado.gov/find-free-vaccine-provider

King Soopers

kingsoopers.com/health/clinic/vaccinations

Safeway

safeway.com/pharmacy.html


The Little Clinic

kingsoopers.com/health/clinic/vaccinations

Walgreens

walgreens.com

Or call your nearest Walgreens pharmacy



Check out our website for Douglas County vaccination clinics douglasco.gov/health-department/ or email CH@douglasco.gov

IMMUNIZATION SERVICES FOR TRAVELING

Passport Health

720.792.5102

passporthealthusa.com/locations/co/parker/909/

The Little Clinic

kingsoopers.com/health/clinic/vaccinations

Walgreens

walgreens.com

Or call your nearest Walgreens pharmacy

LEGAL

Colorado Department of Local Affairs

cdola.colorado.gov



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LEGAL CONT.

Colorado Legal Services	303.837.1321
Colorado State Public Defenders - Douglas County	303.688.3081
Legal Assistance for Evictions cdola.colorado.gov/residents	
Project Safeguard psghelps.org info@psghelps.org	720.618.3482

LOW-COST OR FREE MEDICAL CARE

Doctors Care *Must establish care; uninsured/Medicaid welcome. doctorscare.org	303.730.1313
Redwood Medical redwood-medical.com 1001 S Perry St. #104B, Castle Rock, CO 80104	720.485.3178
STRIDE Community Health Center stridechc.org	303.778.7433
Women's Wellness Connection (WWC) Program provides access to free mammograms and pap smears to those who are eligible. Individuals can use the maps on the Colorado Department of Public Health and Environment website or call to find a location nearest to them. cdphe.colorado.gov/wwc	866.951.9355

MENTAL HEALTH RESOURCES

988 Colorado Mental Health Line Free, immediate, confidential, human support 24/7. Call for emotional, mental, or substance use concerns. Call or text 988 or visit 988Colorado.com to live chat.	988
AllHealth Network allhealthnetwork.org	303.730.8858



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MENTAL HEALTH RESOURCES CONT.

Colorado Crisis Services coloradocrisisservices.org	1.844.493.8255
Denver Springs denversprings.com/	720.643.4300
Douglas County Mental Health Division douglasco.gov/mentalhealth/	303.814.4368
Ellie Mental Health elliementalhealth.com/locations/highlands-ranch-co/	720.696.9460
Family Care Center fccwellbeing.com	720.792.9490
Grief Resources Douglas County Coroner's Officer douglasco.gov/county-coroner/grief-services/	
Healthy Expectations Perinatal Mental Health Program healthyexpectations@childrenscolorado.org	303.724.1646
Highlands Behavioral Health System highlandsbhs.com/ 8565 South Poplar Way, Littleton, CO 80130	720.348.2800
IMatter Program imattercolorado.org *Up to 6 free counseling sessions for any Colorado youth	1.844.493.8255 Text TALK TO 38255
Maternal Mental Health Hotline	1.833.9.HELP4MOMS (1.833.943.5746) 1.833.TLCMAMA (1.833.852.6262)
Men's Mental Health Resources <ul style="list-style-type: none">• Dads of Castle Rock - docrco.org• Fathers of Special Needs Children 21stcenturydads.org/about-the-special-fathers-network/• Man Therapy - mantherapy.org/	



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MENTAL HEALTH RESOURCES CONT.

Men's Mental Health Resources Cont.

- **NAMI Arapahoe/Douglas Counties**
Support group for fathers of adult children living with serious mental illness
namiadco.org/mental-health-support-groups/nami-family-support-group/
- **Project UNCivilized - Douglas County based groups -** manuncivilized.com/

OwnPath

Behavioral health service navigation
ownpath.co

Spark the Change Colorado

sparkthechangecolorado.org/mentalhealth.html

1.844.380.6355

The Care Compact Partner Network

thecarecompact@douglasco.gov

303.242.2492

PREGNANCY & PARENTING

Alternatives Pregnancy Center

youhavealternatives.org

Inverness Way East, Suite 101 B, Englewood, CO 80112

303.295.2288

Black Mamas Circle Support Group

childrenscolorado.org/globalassets/departments/mental-health/mental-health-for-new-moms/black-mamas-circle-2023-flyer.pdf

303.864.5252

Colorado Childcare Assistance Program (CCAP)



303.814.7135

Connections Program for High-Risk Infants and Families

WBHW@cuanschutz.edu

303.724.1646

Cub Clinic: Psychotherapy, psychological assessment

psychology.du.edu/clinics/content/contact-us

303.871.3626

Cultural Cura-Belly (CCB) Bilingual (Spanish/English) Perinatal Mental Health Services

lacocinahome.org/clinical

970.232.0740



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PREGNANCY & PARENTING CONT.

Family Center of Douglas County
3900 Grace Blvd., Highlands Ranch 80126
familycenterdougco.org/

720.633.5621

Healthy Families Partnership of Douglas County

Maternal Child Health and Family Wellness Parenting Resources and Tools for Every Stage
yourhealthyfamily.org

Nurse Family Partnership

nursefamilypartnership@arapahoegov.com

303.738.7820

Nurturing Newborns

Offers respite care to families with infants and toddlers that were born prematurely, have delays, disabilities, or health issues from 0-3.
nurturingnewborns.com/

720.252.4503

Parenting Classes at AdventHealth Castle Rock

CRK.BirthConcierge@Adventhealth.com
adventhealth.com/hospital/adventhealth-castle-rock/events

720.455.0355

Parents Thrive Colorado

parentsthive.org

Postpartum Support International (PSI)

CO PSI Chapter: psichapters.com/co/

1.800.944.4773

Text in English: 800.944.4773

Text en Español: 971.203.7773

Resources for NICU Parents

- Love for Lily loveforlily.org
- Newborn Hope newbornhope.org
- UCH Connections Mother-Infant Group
WBHW@cuanschutz.edu

720.526.2556

720.724.1646

Resources for Perinatal Loss

- Angel Eyes angeleyes.org
- Denver Share denvershare.org

303.320.7771

720.316.9917

STRIDE Community Health Center

stridechc.org

303.778.7433



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PREGNANCY & PARENTING CONT.

Thriving Families/Mother Wise
thrivingfamiliescolorado.org

720.504.4624

Tough as a Mother
toughasmother.org/find-help/

844.493.8255
Text TALK to 38255

You Are Not Alone
yanamom.com

720.926.7122

RESOURCE NAVIGATION & SELF-SUFFICIENCY

Catholic Charities
ccharitiescc.org

720.215.4521

Family Center of Douglas County
familycenterdougco.org
Highlands Ranch

720.505.3689

Manna Resource Center
mannaresourcecenter.org

720.515.8814

United Way Help Center
unitedwaydenver.org

211 or 303.561.2111

RESOURCES FOR PERSONS WITH DISABILITIES

Developmental Pathways
dpcolo.org
14280 E. Jewell Ave., Suite A, Aurora, CO 80012

303.360.6600

DMV Disability Services
douglasco.gov/motorvehicle/disability-services/

The ARC - Arapahoe, Douglas, Elbert
arc-ad.org

303.220.9228

The Third Place for Kids
thethirdplaceforkids.org/parker

303.578.6331



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SUBSTANCE USE/MISUSE RESOURCES

Douglas County Health Department 720-643-2400
Narcan kits and fentanyl test strips available.
email ch@douglasco.gov

Findtreatment.gov 800.662.HELP (4357)

Hard Beauty 303.993.7030
hardbeauty.life/

Resources Tobacco/Nicotine/Vaping Cessation

- Baby & Me Tobacco Free babyandmetobaccofree.org
- Colorado Quit Line coquitline.org 1.800.QUIT.NOW
1.800.784.8669
- My Life My Quit co.mylifemyquit.org
- Smokefree.gov

TRANSPORTATION

Carepool 1.833.268.2688
carepool.us/

Douglas County Transit Services 303.814.4374
douglasco.gov/community/transportation/

**Link on Demand: Highlands Ranch, Lone Tree & Parker
(Castle Rock coming soon)** 719.212.2430
city.ridewithvia.com/linkondemand

Non-Emergency Medical Transportation 855.489.4999
transdevhealthsolutions.com/



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TRANSPORTATION CONT.

RTD Access a Ride

303.299.2960

Regional Transportation District - RTD Denver
rtd-denver.com/

Way to Go - Commuter Services

drcog.org/services-and-resources/way-go-commuter-services

UTILITY ASSISTANCE

Emergency/General Assistance

303.688.4825

douglasco.gov/human-services/assistance/financial-assistance/emergency-general-assistance/

Help & Hope Center

303.688.1114

helpandhopecenter.org
1638 Park St., Castle Rock, CO 80109

Low-Income Energy Assistance Program (LEAP)

cdhs.colorado.gov/leap



1.866.HEAT.HELP
(1.866.432.8435)

VITAL RECORDS - DOUGLAS COUNTY HEALTH DEPARTMENT

Available in person or online at:

720.643.2480

douglasco.gov/health-department/vital-records/
11045 E. Lansing Cir. Ste. 300, Englewood, CO 80112
vitalrecords@douglasco.gov



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WORKFORCE RESOURCES

ADWorks!

adworks.org

303.636.1160

Workforce Centers:

15400 E. 14th Place, Aurora, CO 80011

4500 Limelight Ave, Castle Rock, CO 8010

Arapahoe Community College

arapahoe.edu

303.660.3160

Connecting Colorado

connectingcolorado.com/

Douglas County Youth Employment Program

YouthEmploymentProgram@douglasco.gov

Employment First

employmentfirstcolorado.org

303.981.1236

Workforce Centers

cdle.colorado.gov/jobs-training/workforce-centers



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